PENDING CLAIMS AS AMENDED

Please amend the claims as follows:

1. (Amended) A method for transmitting data comprising the steps of:

transmitting a message indicative of the rate of said data prior to and independent of data transmission and the time interval over which said data will be transmitted at said rate; and

transmitting said data at said rate during said time interval using one data transmission channel.

2. (Previously presented) The method of Claim 1 wherein said message comprises:

an indication of the frame type;

an indication of said rate of said data; and

an indication of said time interval.

3. (Original) The method of Claim 1 wherein said message comprises:

a two bit indication of the frame type;

a four bit indication of said rate of said data; and

a four bit indication of said time interval.